



Skills Class: Group Psychoeducational Intervention: Romantic Relationship Skills Training

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**Adapting CBT to socially and
culturally diverse environments**



Εταιρεία Γνωσιακών
Συμπεριφοριστικών Σπουδών

ΚΕΝΤΡΟ ΔΙΑ ΒΙΟΥ ΜΑΘΗΣΗΣ

The perception of relationship

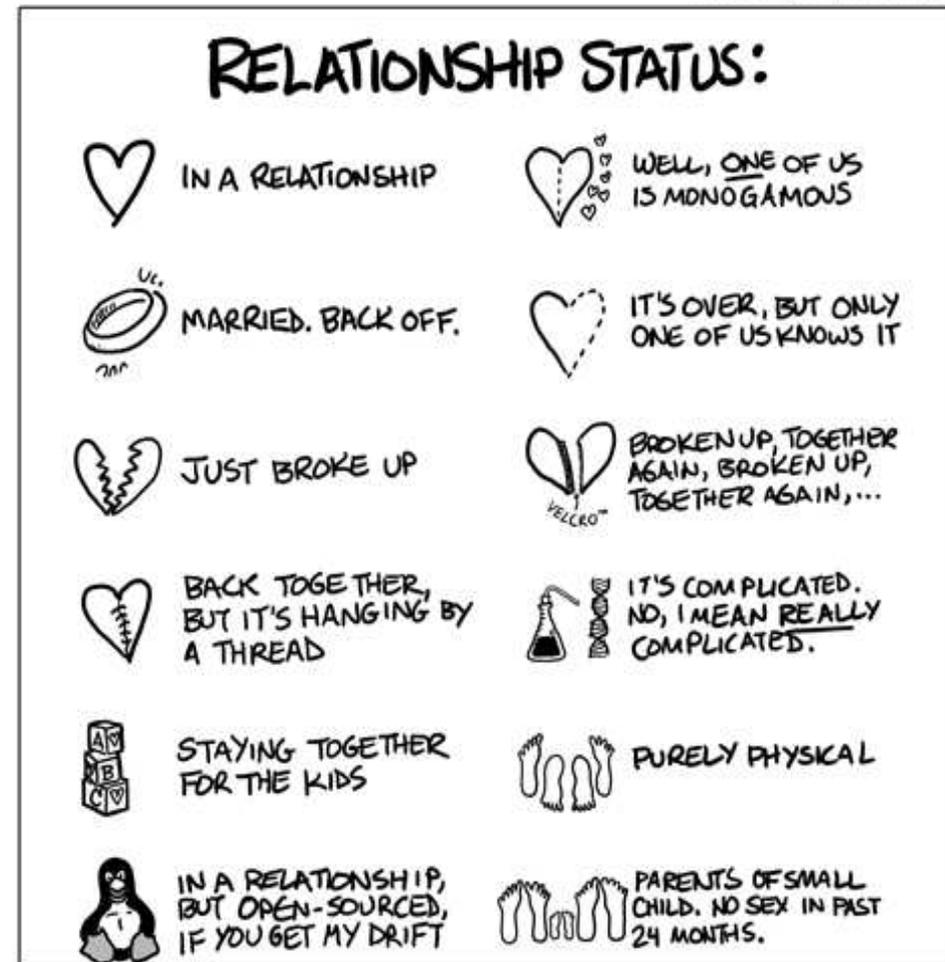


«Refers to a state of interdependence resulting from continuous interactions, and two people 'are in a relationship' or 'related' when they interact with each other and influence each other; how a partner behaves (acts, thinks, feels) affects how the other partner behaves (acts, thinks, feels), and vice versa»

If each of us is asked what relationship means, it is possible that we all give different answers ...

Defining relationship....

- What relationship means?
- What relationship means for you?
- If you were a dictionary, how would you define the term relationship?



Relationships “basic ingredients”



- *Interdependence* → how one person affects another person, and vice versa
- *Uniqueness* → this relationship doesn't come from social roles (for example the interaction we have with our doctor for medical issues). How two people interact with each other, is different and with a unique code of communication, from their interaction with other people
- *Relationship representation* → the history of this interaction is cognitively represented in our memory and affects the way we see things and expect interactions in the future

Romantic relationships : they are different from family relationships or relationships with friends :

- Sexual interaction between partners (expected expectation)
- Relationships with friends are more easily formed
- Romantic relationships are deeply affected by social norms, culture, rules, etc.

Attraction : Preparatory stage



- Interaction – presence of another person
- Mutual attention – Attraction
- Observation of the other : factors playing a role
- Attraction
 - attractiveness, expressiveness, warmth
- Intimacy and interpersonal attraction
- Similarity and attraction (enhancing intimacy)
- Environmental factors: family, peers, social network, the media, the education system, political and religious ideologies
- Respondence (sitting close to another person, eye contact, smile, attitude towards each other, positive gestures)
- Affability & receptivity: available and accessible for interaction
 - natural environment (someone is near to us in a place) & social environment (social proximity and social influence).

Skills Practice



- **Exercise** : Think about your best friend and the time you met him / her, or your partner. Try to imagine what was the role of intimacy, similarity, accessibility in the development and initiation of the relationship.
 - List the basic ingredients you think played a role at the relationship.
- **Exercise**: Positive romantic relationship experience
- What factors played an important role in this positive experience. If this is something difficult for you to imagine, think of a friend that has / had a positive relationship

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GROUP PROGRAM : ROMANTIC RELATIONSHIP SKILLS TRAINING

Program structure



- Preparation :
 - Advertising
 - Meeting place : Institute of Behavior Research and Therapy (IBRT)
 - Intake interview – questionnaires
 - 8-10 participants

- Group Program:
 - 12 sessions / 2 hours
 - Each session :
 - ✦ PowerPoint Presentation of the skills
 - ✦ Experiential techniques
 - ✦ Filling questionnaires in order to assess progress

ROMANTIC RELATIONSHIP SKILLS TRAINING

- Social Skills
- Communication skills
- Assertiveness training
- Empathetic skills
- Special romantic skills
 - Flirting
 - Searching for a partner
 - Choosing a partner
 - First dates



Main topics for discussion



- How could I deal with the feelings of embarrassment for people that I am romantically interested ?
- How could I approach people that I am romantically interested ?
- How could I start a new relationship ? How do I start ?
- How could I choose the right person for me ?
- Why I always come across to people that are not **suitable** for me?

TOPIC: Romantic Relationships / Presenting CBT Model



Psychoeducation : the role of relationships in personal and psychosocial growth of people

Matters to discuss :

- When do we feel vulnerable ?
- Forming relationships is one of our basic needs
- Pros & Cons of relationships
- Which difficulties how you faced in forming a relationship ?
- How could someone deal with these difficulties ?
- Presentation of CBT model
- Relationship Beliefs

How can you deal with these difficulties ?



Areas of difficulties :

Self

Lack of skills

1. The way we see things

○ Our feelings and our thoughts are interconnected. Each person has different thoughts about a situation, and these thoughts are related to his/her personal history and experiences.

○ Romantic relationships demand conscious effort in real life

○ This effort doesn't make relationships less "romantic"

2. Skills training

○ Engage the person in having an active role in his/her life, choosing and approaching a partner

TOPIC: Special romantic relationship skills



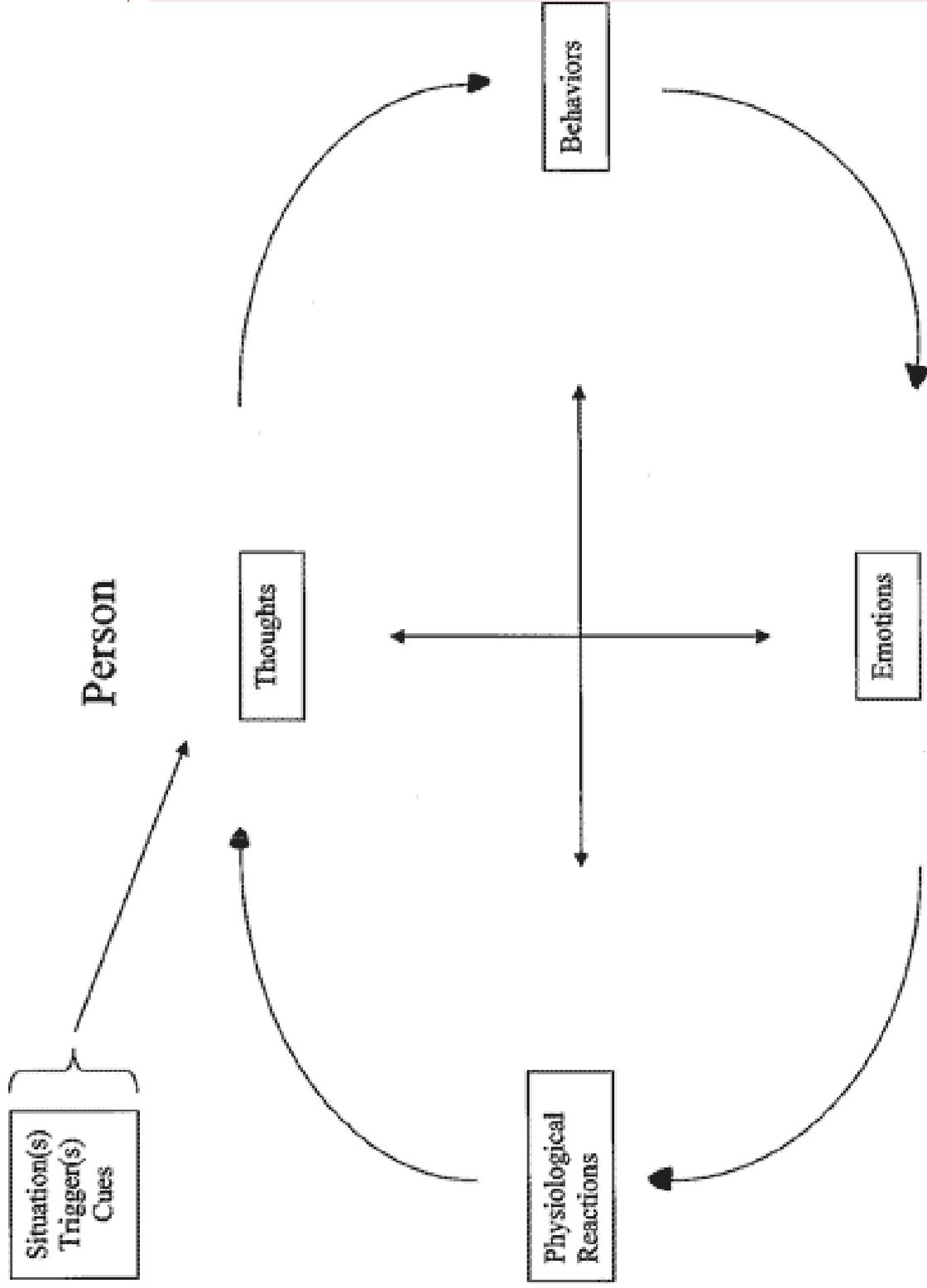
- Discussing CBT model through examples from your personal history :
 - Core beliefs – automatic thoughts
 - Cognitive errors
 - Examining these negative automatic thoughts
 - Challenging automatic thoughts
 - Alternative more realistic thoughts

- Formation of basic attitudes and perceptions
 - Early stages of life
 - ✦ Family
 - ✦ Culture
 - ✦ Media
 - ✦ Early experiences

Types of dysfunctional thinking / Cognitive distortions



- Distortion of evaluation of experiences :
 - Negative automatic thoughts
 - Attitudes / rules
 - Schemas / core beliefs
- Unrealistic expectation
- Prejudice of attention
- Systems of perceptions (relationships in general, romantic relationship in specific, roles of gender)
- Skills
- Behaviors : dysfunctional patterns



Skills practice



- List all the behaviors concerning the approach of a person you are romantically interested, that you find difficult to engage. If it helps you, try and think a friend that has these difficulties.
 - For example : looking at him / her

Myths & Stereotypes



- All good men / women are taken
- All men / women are the same
- If you love someone, you don't have to try
- Each of us has only one perfect, "true" love
- True love will find a way to overcome any obstacle
- Love is possible at first sight
- When you are really in love, you are not attracted to anyone else
- If you are really in love, you will adjust and differences will disappear
- Love at first sight is the deepest, most enduring type of love
- When you are separated from the one you love, your life is empty
- Somewhere there is an ideal mate for each of us
- All we have to do is find the perfect person and our lives will be perfect
- Real love comes only once in a lifetime and is eternal

Exercise



- Objectives:
 - to define love
 - to describe "to be in love"
 - to increase awareness of the "myths" about relationships
 - Exercise : Relationship Beliefs
 - ✦ People enter their partnerships with established beliefs about what relationships are like.
- Write down some of your beliefs about love
- In what “myths” do you believe in ?

Exercise



Letting go everything that hurt you so far...

Step1 :

Write down some of the bad experiences you had so far. For example, betrayals, rejections, anything that disappointed you

Step2 :

Tear apart the list

Use your imagination to let go these bad experiences and start over

Practicing in detecting NATs



Exercise : Diary of dysfunctional thoughts : List all the negative thoughts you can detect about a situation that causes you stress concerning the development of a romantic relationship



Types of Diary



- **Exercise : 3-columns Diary** Events – Thoughts – Feelings
 - It is useful to add a column concerning the detection of behaviors
- **Exercise : 4-columns Diary** Events – Thoughts – Feelings – Cognitive Errors
- **Exercise : 5-columns Diary** Events – Thoughts – Feelings – Cognitive Errors – Alternative thought
 - It is useful to add a column concerning the new modified behaviors

Situation	Thought	Feeling	Cognitive Error
He didn't call me yesterday as he told me	<ol style="list-style-type: none">1. Every time the same2. He doesn't like me3. I will never find someone for me	Sad	

Replacing NATs with more realistic thoughts



List of helpful questions

- What are the evidence in favor of my negative thoughts?
- What are the evidence that dispute them?
- Is there another explanation for what is happening ?
- What advice would I give to a friend of mine dealing with the same situation?
- Is this so important as it seems?
- What a person I trust would say to me for this situation?
- If the worst scenario happens, eventually I am sure that I couldn't deal with it?

Use your imagination and creativity and add more items to that list!!

Situation	Thought	Feeling	Cognitive Error	New alternative thought
He didn't call me yesterday as he told me	<ol style="list-style-type: none"> 1. He doesn't like me 2. He should have called by now 3. I will never find someone for me 	Sad	<ol style="list-style-type: none"> 1. Jumping to conclusions 2. Shoulds 3. Overgeneralization 	???

TOPIC : Choosing a partner



Basic ingredients :

- Self : how beliefs a person has for himself /herself mediate the choice of a partner and which are the “traps” someone could fell in before or after this procedure.
- Non – suitable partner : why do some people find repeatedly “wrong partners” for themselves?
- How do we choose a partner : similarity plays an important role? Do opposites attract? Is physical appearance important ?
- Love at first sight : is this the true love?

SELF - image

Self:

- **Negative perceptions of self**
 - I don't deserve others acceptance or interest
 - I am inadequate / useless
- ↓
- Fear of loneliness / rejection
- ↓
- Expectations : «I need a partner in order to feel good about myself»



Build your self esteem



“Evil Thoughts”

“Good Thoughts”

Learning to like and love yourself : Promoting and marketing yourself



- The importance of being alone : enhancing self-esteem

Exercise :

1. Recognize the thoughts you have about being alone
2. Tackle them by provoking their credibility
3. Think and write down ways you can engage in your life creatively
4. Think and write down of things you used to enjoy in the past and do them now
5. Think and write down of things you enjoy doing with someone else. Try doing these things alone
6. Think and write down what things you've putting off, maybe organizing something at your office or home
7. List some activities that you could do for self-improvement
8. List some activities concerning these topics: sport, enhancing talents or skills, personal or spiritual growth, starting a hobby, find something entertaining
9. List things you can do for other people or social service

Exercise : My skills and my advantages



- Things that I am good at
- Positive feedback or compliments I have received so far
- What do I like at my physical appearance ?
- Challenges that I have faced until now
- I helped others at
- What makes me unique?
- What I value most about me?
- Moments I made someone else happy

“Not the right person for me”



- People who aren't available :
 - Doesn't give phone number
 - Not available in relaxing days such as Saturday or vacations
 - Be in another relationship
- People always seeking perfection, and eventually judging everyone including yourself
- “Bad girl” & “Bad boy” , functioning unpredictably, having uncontrolled behaviors, or impulsive behaviors
- Emotionally unstable people , like a “ticking bomb”, lack of anger control, outbreaks, aggressively
- Indecisive people, they don't know what they want, and this indecisiveness lasts («doesn't know if he/she wants you, or someone else., if he/she wants to be committed in a relationship etc.)

Traits / characteristics



List of desired characteristics

- intelligence
- emotional stability
- warmth
- expressiveness
- honesty and reliability
- self-confidence
- courtesy
- generosity
- extroversion
- interesting personality
- charming appearance

List of repulsive characteristics

- violation of social rules & rules of conduct
- alcohol dependence, gambling
- deception
- gossip
- inconsistency
- lies
- boastfulness
- talk constantly or refer to previous relationships
- flirt with other people at the same time
- Unacceptable social habits (poor hygiene, bad manners, loud speech, indiscreet and persistent gaze)

Skills practice



- Do you recognize non-suitable characteristics in former partners ? Which are these characteristics?
- Do you find a pattern in choosing people so far or people who attracted you ?
- How do you think your criteria have been shaped until now – what affects you at your choice?

Exercise : What we want & what do we need?



- **Part #1:** Description of the ideal partner:
 - ✦ Appearance
 - ✦ Personality traits
 - ✦ Other important characteristics

- **Part #2:** Describe all the positive characteristics you have to offer to your partner :
 - ✦ Positive personality traits
 - ✦ Other positive characteristics
 - ✦ Activities you can participate
 - ✦ Special skills

- **Part #3:** why am I not the ideal partner ?



- **Part #4:** Five characteristics that you don't like, but you could accept for the "right person"
- **Part #5:** Five characteristics that you couldn't accept without any other thought
- **Part #6:** Five characteristics that you wouldn't live without them
- ❖ What is the target of this exercise ? Why is it important to set criteria for choosing a partner ?

Relationship Initiation



1. Flirting-Attraction communication-Searching for a partner

- Communication skills –verbal expression of interest and non-verbal behavior

2. First date

- Steps
- Management of rejection fear, signal amplification bias and pluralistic ignorance (Vorauer & Ratner, 1996. Vorauer et al., 2003).

Flirting-Introduction



- When we meet new people for the first time, the initial impression is based by 55% on body language and non-verbal communication, (body posture, look), 38% on the way someone talks, and only 7% on what is really expressed.
- The initiation of courtship and flirting behaviors is not an attempt to impress and show off, but the expression of interest in someone and of desiring getting acquainted with that person.

Developing a strategy plan

Creating a plan is not against romance, but increases the chances of success!!



- 1st step : What are you looking for?
 - We have different criteria for each relationship category (friend, roommate etc.)
- 2nd step: Take a personal inventory and note down the characteristics that describe yourself:
 - We have to be honest during this step
- 3rd step : Distinguish fantasy from reality
 - As far as relationships are concerned, we cannot present ourselves as we would like to be, but as we really are.
- 4th step : Increase your opportunities
 - List of activities that I can participate in and be able to make new acquaintances.
- 5th step : It pays to advertise. We make known to friends and relatives that we are in search for a partner and we inform them about what we are looking for.

Basic steps of the flirting process I



- Going out to places where there are other people (parties, social events, bars, seminars/education, sports/team activities)
- Looking cheerful, smiling, talking, moving, dancing.
- Tracking a person that interests me.
- Observing his/her non-verbal behavior towards others around him/her, if he/she is available.
- If there is a common friend, I can collect information from him/her and perhaps my friend will introduce me.
- If I know that person, I can create opportunities to meet him/her “accidentally” in common places.

Basic steps of the flirting process II



- Flirtatious look : four seconds eye contact, smile, looking and taking the look away, looking again to see if there is feedback.
- He/she detects me looking at him/her.
- Approaching gradually (2 steps distance, look, 1 step distance)
- Accepting that there is awkwardness from both sides.

Basic steps of the flirting process III



- Use of appropriate opening lines (Weber et al., 2010).

Opening line	Description	Example
Third party introduction	Using a common acquaintance for the initial introduction	“Hello, let me introduce you to my friend John”
Direct introduction	Initiation of conversation with a simple question	“Hi, my name is ..., yours?”
Direct compliment	Compliment based on attractiveness	“I would like to tell you how attractive you are”

Basic steps of the flirting process IV



- Small talk: Participating in superficial, conventional conversation with a range of topics and without depth (Dindia & Timmerman, 2003) with open questions: Who, Where, What, How, When, Why?
- Equal contribution to the conversation
- Mutual self-disclosure (in moderation)
- Good listener/suitable verbal and non-verbal behavior (paraphrases, nod, smile, body posture)

Basic steps of the flirting process V



- Medium intensity and voice tone, with variations in the rhythm, tone and intensity of oral communication so that the person's feelings are expressed clearly.
- Facial expressions, like eye contact and nods that indicate positive feedback and attention to the interlocutor.
- Prudent use of humor, after intimacy has already been developed.
- Reduction of the physical distance, as intimacy is created (*Lean slightly forward, hug, the soft caress on the hand, passing the hand around the shoulder or the lower back, the soft touching on the cheek or the friendly pat on the shoulder*)

Basic steps of the flirting process VI



- Expression of desire for a first date
 - Expression of positive comments for the night («It was very nice to meet you. I had a great night talking with you») and questions of expression of desire and intention for the first date
 - «Would you like us to meet for a drink/coffee next week?»
 - «Perhaps we could meet again - can I have your number?»
 - «Maybe we could drink a coffee some time – this is my phone number»

Quiz: Beliefs about flirting (Bryant & Lewis, 2003)



- **Complete the following statements with the first thing that comes into your mind.**
- When I'm flirting, I feel . . .
- When someone flirts with me, I feel . . .
- I know I'm flirting when I . . .
- I know I'm flirting when I say . . .
- I only flirt with someone if . . .
- I would never flirt when . . .
- I would never flirt with . . .
- Women who flirt are usually . . .
- Men who flirt are usually . . .
- Flirting in the workplace is . . .

EXERCISE



- Note down the verbal and non-verbal messages which you have observed that take place in a potential romantic interaction-flirting.

Rely on personal experiences or experiences of observing other couples during flirting. Which were the features that differentiate flirting from a friendly intercourse?

Just before the first date



- Identification, tracking and management of rejection fear, signal amplification bias and fear that someone can overreact when expressing interest.
- Management of possible rejection

First stage of the date: Invitation of the potential partner



- Sufficient time between the invitation and the day of the date, the choice of the appropriate day, time and activity, without causing time pressure from both sides.
- Invitation in person, by phone or via social media, by a third party or via a note depending on the prevailing circumstances and conditions.

Second stage of the date: Date planning



Choosing an activity

- Choose and suggest an activity that pleases you
- Something informal, not very expensive and suitable for conversation.
- The place should be easily accessible for both.
- Find an activity that lasts about two hours, so that there is a gradual acquaintance and eagerness for the next time!



- The first date should be related to something that you like to do. Choosing something that you like has some advantages:
 - First of all, it ensures that at least one person will have a great time.
 - Second, it offers a view of who you are.
 - Third, it means that you participate in something that you can afford.
 - Fourth, if the person agrees, you realize that you have something in common that pleases both of you.



Appearance/planning

- Estimation of the preparation time, but also punctuality, as well as the means of transport, taking into account the money that may be needed.
- Choice of clothes that make someone feel comfortable, proper attire for the activity and the chosen location and self-grooming and hygiene.

Third stage for the date: Psychological preparation



Emotion regulation

- Anxiety and awkwardness constitute the usual emotions during a date.
- Identification of the distortions in thinking style that cause unpleasant emotions, find evidence to test the reality base of a belief or assumption, correction of unhelpful thoughts
- Flash card with calm, helpful thoughts
- Relaxation techniques, diaphragmatic breathing and positive mental images before the date.

Examples



You don't have to see the whole path.
Stay focused on your destination
and take the next step.



Belly breathing



Exercise: Get into a flirting mood I

Bryant & Lewis, 2002



Have someone read the passage below to you a couple of times. This ‘snapshot’ of your mood can be used at times when you need a change of attitude. It helps to repeat this exercise a few times so you know it by heart

Allow your eyes to close gently. Take a few moments to get in touch with the movement of your breath. Take a few minutes to feel the sensations as you breathe in and as you breathe out. Feeling the natural flow of breath

1. Remember a time when you were chatting easily with people; a time when you felt confident and playful, even a little flirtatious.

Now in your mind, fully step back into that time and re-experience it from inside your skin.

Looking out of your eyes.

See what you saw, notice the smiling faces.

Hear what you heard.

Exercise: Get into a flirting mood II

Bryant & Lewis, 2002



2. Notice your breathing and your muscle tone.

Feel what you felt. Good.

Now try turning up the brightness of the picture.

Does that make the feeling more intense? If it does, good; if not, try dimming the picture, or zooming in on it, or zoom out.

Try adjusting the volume; does the feeling get more intense when you change the volume?

Exercise: Get into a flirting mood III

Bryant & Lewis, 2002



3. When you feel you have the most intense flirtatious attitude, take a mental ‘snapshot’ of how you feel.
 - Know you can step back into this state at any time by just remembering—that’s right.

Fourth stage of the date: Meeting process



Mindful first date

- In order to avoid any performance anxiety, especially due to high expectations, the basic prerequisite is focusing the senses on the present moment (Browne, 2011).
- Bring the attention back into the present moment: the conversation and the surrounding area, the music, the stimuli, so that the attention is disengaged from that internal dialogue which may include distorted negative thoughts towards ourselves or the occasion.

Conversation

- Instead of worrying about what he/she thinks about you, focus on those that you think about him/her and those that you consider important to find out.
- Smile and ask questions so that there is a flow during conversation. Think about what interests you in this person and show interest in his/her points of view, experiences and activities.
- Do not analyse your problems.
- Focus on those that the other communicates you and let the relationship develop gradually in the next meetings.
- Show interest in his/her points of view, experiences and activities.



- Ask for feedback: comment on what you liked regarding the location and the meeting and ask him/her about his/her thoughts.
- Communicate him/her that you enjoyed his/her company and you would like to repeat it in the future.

Exercise: Focus on the Quality of Your Connection



The next time you're on a date, see if you can get past the "mate or flee" response and get into a gut-level sense of the quality of connection with your date.

- Take a break from the wearying stream of assessment: Does he like me? Do I like her?*
- Instead, notice what you're actually feeling with the person. Of course you're probably feeling nervous. But in addition to that, do you feel pleasure? Do you feel warmth? Is there a sense of fun? Do you feel inspired? Unsafe? Criticized?*
- Our minds tick off our checklist of what constitutes a catch while our hearts may be sensing something altogether different. Rest with the feeling of your actual connection. This will help guide you to your next steps with the person you are with.*

Use of “small-talk”



- Brief conversations – small talk- constitute an important part of our social interactions_ and their content concerns simple day-to-day issues (for example, «how was your week?», «which is your favorite movie?», a significant event of the week, current affairs, etc.).
- The acquaintance between persons can occur faster, as intimacy is developed, the interpersonal distance between them is reduced and they discover common points for forthcoming deeper conversations. Additionally, they are a means so that one can develop his/her social skills and talk freely, without tension. (Browne, 2011).

Avoiding topics of discussion that can embarrass the other person



Some topics should not be mentioned during the first date, such as sex, political beliefs, as well as experiences with ex-partners (Klinkenberg, & Rose, 1994).

- Avoiding self-disclosure regarding traumatic experiences, life problems and family issues.
- Gradual self-disclosure concerning emotions expression and genuine interest.



One should be an attentive and an active listener.

- It is important that one focuses on his/her interlocutor's telling and not on which question will address consequently or if he/she gave an unsuitable answer during conversation.
- It is necessary to bring his/her attention back into the present, addressing questions that concern the topic for discussion during that moment (Cameron, & Curry, 2020).

Familiarization with the silences during conversation



- Silences are an essential part of a conversation's process, so that there is the proper time pause between two topics for discussion and also detect the reactions between the parties concerned, resulting in the prolongation of the conversation about relevant issues.
- Focus of the conversation on getting to know the other person → fewer silences and more efficient conversation flow.

Men and women, who had high sensitivity to rejection, were more likely to use a series of self-silence behaviors in their interactions with their romantic partners, such as not expressing their feelings or their opinion, in order to avoid disagreement and conflict. (Harper, Dickson, & Welsh, 2006)



Attribution and acceptance of a compliment

- It is polite and advisable that the compliment is not related to the body.
- Specific compliment (i.e. for the face or outfit, the eyes, the look).

(Laner & Ventrone, 2000).

Non-efficient communication



- Self-engagement (talk too much about yourself and show very little interest in the other person).
- Cliche (you talk only about superficial things, repeating commonplace jokes and stories).
- Monotony (you talk too slowly, with long pauses, going into unnesessary details).
- Passiveness (you do not participate completely in the conversation or you do not express an opinion).
- Lack of enthusiasm (monotonous speech, limited eye contact, not expressing emotions)
- Very serious tone of voice and expression, even when your interlocutor tries to be easygoing or humorous.
- Over-enthusiasm (you are easily disoriented from the issue for discussion/you move fastly from one issue to another, chatter, overuse of slang language).

Fifth stage of the date: Closure of the meeting



- Farewell with positive comments for the meeting towards the other person, as long as interest was developed.
- Expression of desire for a future date
- Self-reflection and retrospection of the date overall, in relation to the fulfillment of expectations that you had before the date. Evaluation of the meeting, taking into account given information and behaviors that took place during the date.
- Perspectives for future communication with the other person, as well as for a possible next date. (Kuriansky, 2004; Browne, 2011).

Examples of communication skills that are used for further development of a companionship at the stage of next dates



Skills	Description
Date planning	<p>The person asks directly for a future meeting with the other person (Berger & Bell, 1988)</p> <p>Aims at acquiring the necessary information (i.e. phone number) in order to ask for a meeting at some point in the future (Berger & Bell, 1988. Dindia & Timmerman, 2003)</p> <p>Applies manipulation techniques to meet “accidentally” the other person (i.e. asking «do you come here often?» so as to know more about his/her routine (Dindia & Timmerman, 2003. Pryor & Merluzzi, 1985)</p>
Small talk	<p>The person participates in superficial, conventional conversation with a range of topics and without depth (Dindia & Timmerman, 2003)</p>

Skills	Description
Mutual questions and self-disclosure	Both sides use questions and reveal personal information to accomplish a better acquaintance, from a more superficial level to a more personal, so that the relationship is further developed (Dindia & Timmerman, 2003)
Show of similarity with the other	The person seeks and shows similarities (preferences, interests, perceptions that are common with the other person), which create affinity, but also reinforce the already existing one (Bell & Dally, 1984)
Sexual communication	Sexual communication includes conversations and self-disclosure related to sex (i.e. preferences), conversations about sexual health and beginning or denial of sexual intercourses (Dindia & Timmerman, 2003)

Do's and dont's on a date or a new acquaintance



- 1. DON'T try to convince yourself that you have only «one type»:**
Broaden your points of view about who could be your partner. Be open to the possibility that you may fall in love with someone that does not match completely the criteria you have set for an ideal partner or «the only type that interests you».
- 2. DON'T be over-judgemental or judgemental:**
Approach others with curiosity, well-intentioned attitude, politeness and affinity. Premature rejection of a person could mean rejection of someone who could ultimately suit you.



3. DON'T make your presence too strong:

Observe yourself regarding behaviors that could be characterized as desperate, unstable, as if you are in great need to receive attention or generally behaviors that are considered undesirable.

4. DON'T forget «traditional rules» of flirting and «going out on a date».



5. DON'T be influenced so much by the expectations of family and friends, like «Does he/she practice the same religion?» Where is he/she from or does he/she have the desirable social and economical level?»

6. DON'T waste your time talking constantly about yourself and your past, mistakes, passions, with whom you were ten years ago or even your last relationship:

When you get to know someone in a new relationship, he/she wants to know who you are now and not who you were in a relationship in the past.



7. DON'T monopolize the conversation or present yourself as the «unique catch», arrogance is not usually appreciated in personal relationships:

Make a conversation which is based on reciprocity and interaction, become inquiring and show your interest in the other person in order to know him/her better.

8. DON'T change yourself, so as to match completely to that you believe your partner would want or need:

When we change what we are and show something we are not, we tend to attract people that we would not want to attract and as a result the relationship is doomed from the beginning: Present yourself in an authentic and honest way.



9. DON'T complain about your misfortune in romantic issues and do not blame the area you live or your past relationships:

Bare in mind that dates are not easy for no-one, wherever you live. You can blame the place you live, the ratio of couples and bachelors, or even the weather. But eventually, our attitudes and perceptions are more likely to create opportunities. Leave the suitcase that is full of negativity and start your route by being lighter.

10. DON'T stop looking for new activities and other life experiences, just because you found a partner:

Do not abandon or reduce the time you consume for yourself, whether it is exercising, reading, cooking, spending time with friends, etc.

SKILLS LOADING...



**Try the skills.
Otherwise, you will
never know...**

References



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